

### ABSTRACT OF THE DISCLOSURE

A head lamp includes a lamp head for the reception of a light source which has two lugs which are arranged at opposite sides, are connected to the lamp head and to which an elastic headband of the head lamp can be fastened for the fastening of the head lamp to the head of a person and which are so flexible that their shape is adaptable to the shape of the head by the tension of the headband on being secured to the head.